

Hygiene.

Sprains of wrist and ankle.

Most common accident in the gymnasium.
In a sprain there is a swelling, owing to the bleeding of torn blood vessels of the ligament.

Treatment - 1) elevate part to blood away.
2) apply ice to chase away the blood.
3) apply bandage with joint in normal position.

Diseases.

Endemic diseases - are caused by germs which can be communicated from person to person, but may also belong to a place (eg. malaria, rheumatism).

Epidemic diseases - are caused by bacteria which are communicated from person to person and therefore from place to place.
(eg. smallpox, measles)

Bacteria - dates back longer than man.

2 types - 1) bacteria - animal
2) protozoa - vegetable (ringworm)

Bacteria manufactures a toxine or poison while the cells of the body manufacture an anti-toxine.

If toxine wins the patient dies.

If anti-toxine wins the patient lives.

Bacteria as they are built up in the body poison and destroy themselves by their own excreta.

Three stages of epidemic diseases.

1) incubation - diseases can be caught, but produce no harm.

2) invasion - disease comes out in its own form.
(eg. measles - rash)

5) convalescence - the outside appearances of the disease gone, but can be given to someone else.

terms - can be carried by,

- 1) lining creatures (eg. people, excreta)
- 2) fly
- 3) air - T.B.
- 4) milk + water (eg. milk - T.B.) (water - typhoid)
- 5) clothes
- 6) books, toys, furniture.

Prevention of spread of disease or infection

- 1) isolation - separating sick from healthy.
- 2) quarantine - isolation of a person who has come in contact with disease.
- 3) disinfection - destruction of diseased germs by carbolic acid 1-80 (hands) 1-20.
lysol - 1 dr. 1 pt. water.
sulphur - to disinfect clothes.
boiling - " " " boil for 20 minutes.

Immunity to disease

- 1) natural immunity.
(eg. negroes towards yellow fever)
- 2) acquired immunity.
if one has had the disease.
- 3) preventive immunity.
vaccination
inoculation
anti-toxin - snake-bites, diphtheria.

Diseases

small-pox - death, disfigurement, blindness.

chicken-pox - children's disease

scarlet fever - very infectious

incubation period - 3-4 days

Measles - infections till after skin has peeled.

Whooping - cough - children's disease.

horny layer.
germinative layer - soft protoplasm to horny epidermal cells.

tactile corpuscles - of touch

insensible perspiration - unmeasured. 1 qt - 24 hr.
sensible " - quite amiable.

Appendages of the skin -

sweat glands

hairs - sebaceous glands - sebum.

nails

arrector muscle - hair will stand on end.

Nail - pink - matrix.
white - lunula.

Diphtheria - occurs in damp and badly-drained localities.

- there can be "carriers" of this disease.

Typhoid - generally traced from infected water.
(wells should be dug to their second water)

Tuberculosis - white man's plague (not hereditary.)
affects joints, most infectious.

1) of the spine

2) luprous - skin.

germs carried by spitting, air, public drinking cups.

Signs - lassitude, loss of appetite, cough, club nails.

Started by - malnutrition, insanitary conditions.

- children inherit weakened tissues and therefore are open more easily to infection.

Rickets - children's disease causes deformity.

- caused by malnutrition, dark rooms, not enough exercise.

- children should have plenty of - milk, cream, eggs, cod-liver oil.

Veneral diseases - caused by improper living, but may be picked up innocently.

- most prevalent kinds - 1) gonorrhoea
2) syphilis

- it is catching in first + second stage.

- children of syphilis parents are often born blind.

Skin system - largest organ in the body.

- Functions -
- 1) protective covering
 - 2) organ of feeling with special special sense of touch.
 - 3) one of the secretory organs.
(secretes 1 pt. water in 24 hr.)
 - 4) regulates the heat of the body.

Structure - of two layers.

- 1) epidermis
- 2) dermis (true skin)

Epidermis - made of cells, very thick in palms of hand and soles of foot. These are flat cells with no nucleus. This is the "corneous layer".

2) Malpighian layer - soft layer of columnial cells, where pigment of dark race is found.

Dermis - made up of a strong network of connective tissue, blood vessels, nerves, glands, roots of hair.

Surface of the dermis - is thrown up into processes called "papillae" - developed where there is a sense of touch.

A layer of fat (subcutaneous layer)
Then there is next bone & muscle.

Sweat glands - often appear in epidermis in "pores", prevalent in hands and feet.
They are tubular glands of epidermal cells ending in a coil in the dermis or fat layer.

Sweat - made up of water, salt, organic bodies, carbon dioxide.

Hair - a growth of a cell (hair follicle) in epidermis.

Sebaceous glands - found in hair growth, these glands oil the skin and hair.

Corns - are an extra thickness of of the skin, due to pressure.

Warts - are an abnormal growth of the epidermal cells.

Blisters - are accumulation of liquid between the cells of the epidermis.

Pigment - exposure to sun and wind causes increase of colouring of epidermal cells.

Freckle - a spot in the epidermis where the pigment is especially abundant.

Pimples - caused by bacteria.

If skin is not cleaned it becomes caked, making extra work for the lungs and kidneys. If sebaceous glands are blocked up blackheads appear. Skin loses sensitivity if it is not washed, and germs can grow. Bath should be up to 110° F. Lots of soap (fatty glycerine) and water used.

Milk - adult - 8 hr.

children under 16 - 10 hr.

Clothes - prevent the loss of heat.
are a protection
are worn for ornament.

They should be light, loose, porous, bad conductor of heat and the weight should be carried on the shoulders.

list of best clothes to wear - silk
wool
cotton
linen.

1. Diet of a working man for one day.

Breakfast - prunes - 1 oz.
 oatmeal cereal - 2 oz. 9 oz.
 two boiled eggs - 2 oz.
 toast & butter - 4 oz.
 coffee.

Lunch - corn-beef sandwiches - 4 oz.
 fruit cake - 3 oz. 9 oz.
 bananas & apples - 2 oz.
 tea

Dinner - beef stew with vegetables - 5 oz. 10 oz.
 steamed apple pudding - 5 oz.
 coffee or tea.

should be Prot = $4\frac{1}{2}$ oz + also 3 starch & 14 sugar
 prunes - are laxative
 oatmeal cereal - is laxative, contains starch which produces energy.
 eggs - contains proteins which build nitrogenous body tissue.
 toast - contains carbohydrates producing heat and energy.
 coffee - stimulating
 corn-beef - nutritious and satisfying
 fruit cake - contains carbohydrates
 bananas & apples - contain vitamins
 tea - stimulating
 beef stew with vegetables - supplies all body needs.
 steamed apple pudding - contains proteins, starch and vitamins, is satisfying
 coffee or tea - stimulating.

Digestion of Fats

When the fat enters the mouth, except for being broken up by mastication it is not otherwise effected. The fat then passes down the oesophagus into the stomach, where the heat of the stomach starts to dissolve it. The gastric juice does not work on fats, so that they remain really unchanged except in being minutely divided into globules ready for digestion in the small intestine.

The digestion of fats then begins. The gall bladder sends into the small intestine the stored up bile, the acting principle of which is *lithin*, which is alkali and acts on fats. Fat is also effected by pancreatic juice, which contains an enzyme called "*steapsin*", which digests the fats. The digested fats are then absorbed through the walls of the small and large intestines into the blood stream.

cellular
coat
dissolved
fats
melt

3. Two exercises of inhibition to $\frac{6}{8}$ time.

Music - Barcarolla - from Tales of Hoffman.

- 1) Arm flinging between fold and arm sideways walking. (4 bars)
- 2) Side charge with arm sideways, trunk turning, arm forward and upward, arm lowering sideways, trunk turning, return to standing left and right. (6 bars)

Two exercises of tap to $\frac{4}{4}$ time.

Music - I'm a Funny Thing

- 1) eight slap steps, right and left. (2 bars)
- 2) eight brush front back taps, right and left. (8 bars)

Two exercises of technique to $\frac{3}{4}$ time.

Music - Charmaine.

- 1) Plié and Relevé, left and right. (15 bars)
- 2) The five arm positions. (8 bars)

Tuberculosis.

Tuberculosis is not hereditary, therefore there are certain symptoms which betray a patient's condition. Lassitude and loss of weight and appetite, a repeated cough, and rounded finger-nails called "club nails" are all early symptoms of tuberculosis.

Tuberculosis is caused by the growth in the body of a cylindrical-shaped bacteria called bacillus. These bacteria, bacilli, grow in almost any part of the body and cause tuberculosis of that part, especially tuberculosis of the lungs. Therefore the prevention of this disease must be by the killing of these bacteria. ^{new called} consumption.

The most important thing is to prevent contact with those having the disease, in fact prevent contact with anything belonging to the patient, such as his dishes, clothing and furniture. These articles should all be disinfected regularly. A consumptive should really live in a sanatorium where he is given proper treatment, and where there is no fear of his spreading the disease. ^{isolation}

The next important factor is to avoid neglect of the early symptoms of ill-health and undernourishment. A tuberculosis suspect should be kept warm and dry, have rest, good food and plenty of fresh air. In this way the disease can be checked and later cured. Health laws and the keeping of them is also most important. Germs are carried by public drinking cups and such, so that it is unwise to use public utensils. Therefore by teaching children proper health habits, tuberculosis could be greatly checked.



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